

## ABSTRACT

A recording/reproduction method for recording/reproducing data to/from an optical recording medium including a guiding groove and a recording layer is disclosed. The recording/reproduction method includes a step of irradiating a laser beam onto the optical recording medium by modulating at least one of a laser irradiation time and a laser irradiation intensity to two or more values, wherein a  $P_{bi}/P_r$  ratio of a reproduction power ( $P_r$ ) and a bias power ( $P_{bi}$ ) is set to a value that is no less than 0.5, wherein the data are recorded by constantly providing the laser beam with a power level including the reproduction power ( $P_r$ ) added to the bias power ( $P_{bi}$ ).